

Cardio “Feeling” Test

Directions: Every one to two minutes, increase the intensity of your walk or run by adjusting the speed, incline, or both. Before you increase the intensity each time, track how you feel on a scale of 1 to 10. 1 being the EASIEST (feeling comfortable) and 10 being HARDEST (like you cannot continue at that pace any longer). This should be a gradual build up, so some intervals may feel like the previous one. When you have completed the test and reached your “10” feeling, implement that level as your sprint in one of the cardio interval workouts provided, based on your cardiovascular conditioning.

Feeling: _____	2 minutes @ speed _____	incline (optional) _____
Feeling: _____	2 minutes @ speed _____	incline (optional) _____
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